

## CAUGHT BY THE GRIP-- RELEASED BY PE-RU-NA

Pneumonia Followed La Grippe--  
Pe-ru-na the Remedy That  
Brought Relief.

Mr. T. Barncott, West Aylmer, Ontario, Can., writes:  
"Last winter I was ill with pneumonia after having la grippe. I took Peruna for two months, when I became quite well, and I can say that any one can be cured by it in a reasonable time and at little expense."

Systemic Catarrh, the Result of La Grippe. Pe-ru-na Receives Credit for Present Good Health.

Mrs. Jennie W. Gilmore, Box 44, White Oak, Ind. Ter., writes:  
"Six years ago I had la grippe, which was followed by systemic catarrh. The only thing I used was Peruna and Manalin, and I have been in better health the last three years than for years before. I give Peruna all the credit for my good health."

Pe-ru-na--A Tonic After La Grippe. Mrs. Chas. E. Wells, Sr., Delaware, Ohio, writes: "After a severe attack of la grippe, I took Peruna and found it a very good tonic."

"Most Effective Medicine Ever Tried for La Grippe."

Robt. L. Madison, A. M., Principal of Culowhee High School, Painter, N. C., is chairman of the Jackson County Board of Education. Mr. Madison says: "I am hardly ever without Peruna in my home. It is the most effective medicine that I have ever tried for la grippe."

Mrs. Jane Gift, Athens, O., writes: "I had la grippe very bad. My husband bought Peruna for me. In a very short time I saw improvement and was soon able to do my work."



Suffered Twelve Years From After-Effects of La Grippe. Mr. Victor Patneaud, 328 Madison St., Topeka, Kas., member of the Ladies of Security, writes:  
"Twelve years ago I had a severe attack of la grippe and I never really recovered my health and strength--but grew weaker every year until I was unable to work."  
"Two years ago I began using Peruna and it built up my strength so that in a couple of months I was able to go to work again."  
"This winter I had another attack of la grippe, but Peruna soon drove it out of my system."  
"My wife and I consider Peruna a household remedy."

### The Grocer Who Tries to Substitute

"Something just as good" for  
**HEWLETT'S THREE CROWN BAKING POWDER**

has failed to appreciate the patriotism and intelligence of his customer. Three Crown means a superior Pure Cream of Tartar Baking Powder.

### WANTED.

"There comes an opportunity in every life." Perhaps this is your chance:--  
Special Representative wanted (man or woman) in this community. Must have good references and be willing to work. Address  
H. S. HOWLAND, 1 Madison Avenue, New York City.

PRICE, 25 Cts.

## ANTI-GRIPINE

IS GUARANTEED TO CURE  
GRIP, BAD COLD, HEADACHE AND NEURALGIA.

I won't sell Anti-Gripine to a dealer who won't guarantee it. Call for your MONEY BACK IF IT DOESN'T CURE.  
F. W. Dwyer, M. D., Manufacturer, Springfield, Mo.

## HALL'S CANKER AND DIPHTHERIA REMEDY

FOR THE MOUTH, THROAT, STOMACH AND BOWELS. - NEVER FAILS -  
FOR SALE BY ALL DRUGGISTS AND GENERAL STORES.

Nelson-Judson Drug Co., General Agents, Salt Lake City, Utah.

## Antiseptic Remedy

For Family and Farm

## SLOAN'S LINIMENT

KILLS PAIN.

Dr. EARL S. SLOAN,  
618 Albany Street, Boston, Mass.

## Take The Right Road

To  
Chicago, St. Paul, Minneapolis  
From  
Omaha or Kansas City

## CHICAGO GREAT WESTERN RAILWAY

Unequaled Equipment on All Trains

For Full Information Write  
F. A. STARKWEATHER  
General Agent - 55 W. 2nd  
St. St., Salt Lake City, Utah

## PATENTS for PROFIT

Most fully protected invention. Booklet and Patent Form FREE. Right references. Communications confidential. Established 1861.  
Hansen, Fenwick & Lawrence, Washington, D. C.

When Answering Advertisements Kindly Mention This Paper.

W. N. U., Salt Lake--No. 6, 1906

## PISO'S CURE FOR

CHICKEN POX, SCAB, ITCH, AND ALL SKIN AFFECTIONS.

Best Ointment for Itch, Tetter, Good, Use in Skin, Sold by Druggists.

CONSUMPTION

### TESTIMONIALS HARD TO GIVE.

Some Subterfuges Employed by Kind-Hearted Persons.

The giving of a "character" to domestic servants is one of the severest tests of the employer's character. An Irish master, being called upon to write a testimonial for a groom whom he was discharging for drunkenness, gave him a good character, but omitted to mention one trait. The groom returned the letter, objecting that it did not say he was sober. The master added "sometimes sober," and the man was content. The woman who had to recommend the inefficient cook she had kept for seven years only because she was afraid to give her notice went one better. She had covered three pages with undeserved commendations; she had placed it in an envelope and addressed it, and her conscience pricked her badly. Then she had a happy idea, and broke open the seal, adding to her letter, as a postscript, "God forgive me!" It satisfied her conscience, but history does not relate if it satisfied the other woman.--New York Tribune.

Paris is Crowded.

The average number of residents to the acre in Paris is no less than 128. There are nearly 700,000 apartments or lodgings in the French metropolis which rent for less than \$100 a year. About 17,000 bring \$800 or more.

A round trip rate of \$50 to California will be in effect all winter via the new and popular Salt Lake Route. See nearest agent or write for information to J. L. Moore, D. P. A., Salt Lake City.

Bishop Mistaken For a Tramp.

Dr. Stanton, Bishop of Newcastle, Australia, who recently died, was frequently mistaken for a bushman or a "Sundowner," which is Australian slang for a tramp. Once a squatter, who expected him as a guest, thought he was lost, and sent out a party to inquire. They came upon what they thought was a derelict "Sundowner," camped by the roadside, who proved upon inquiry to be the Bishop.

## GREGORY'S SEED

Catalogue of tested and warranted seeds--full of wise instruction--sent FREE.

A. E. H. Gregory & Son, Salt Lake City, Utah.

SEND YOUR ORDERS TO  
**B. C. MORRIS FLORAL CO.**  
FLORAL DESIGNS AND DECORATIONS  
CHOICE CUT FLOWERS  
THOS. HODDY, MANAGER SALT LAKE CITY

## PENSIONERS NEW LAWS

Write Nathan Rickford, 214 F St., Washington, D. C.

When Answering Advertisements Kindly Mention This Paper.

## NORTHWEST NOTES

C. P. Davis, ex-deputy sheriff of Umatilla county, Oregon, was convicted at Pendleton of the larceny of \$4,290.

It is quite likely that the president will appoint C. E. Vilas of Seattle, assayer in charge of the Seattle assay office, in succession to F. A. Wing, who recently resigned.

Dan McMaisters, well known in the western part of Montana and at one time a member of the Butte police force, committed suicide at Bonner, Mont., by taking carbolic acid.

Charles Quinn, the conductor of the eastbound Great Northern Oriental limited, which collided with the westbound near Columbia Falls, Mont., is dead, at Kalispell, from his injuries. He is the fourth victim.

A prairie fire near Cheyenne destroyed great quantities of hay. Pine Bluffs, a small town, was threatened, while at Salem, a Swedish settlement, a number of buildings were destroyed. There was no loss of life.

One of the largest funerals held in Nevada in years took place at Carson, when the remains of the late Reinhold Sadler, former governor of Nevada, were consigned to the grave in the Masonic cemetery at Carson.

Practically all the 300 red cedar shingle mills in northwest Washington resumed operations last week after a close-down, practically complete throughout the state, for the months of December and January.

Roy Gray, a young resident of Eureka, Cal., fell from a train at Sparks, Nev., last week. One leg was caught under the wheels and crushed to such an extent that amputation was necessary. He stands a chance to recover.

The senate in executive session on the 1st confirmed the following nominations: Charles D. Ford, register of the land office at Denver; William S. Graham, surveyor-general of California; Merritt A. Baker, postmaster, Wenton, Or.

W. B. Higbie and J. H. Berry, representing Swift & Co. of Chicago, are in Portland, Or., perfecting plans for the construction on the St. Johns peninsula of an immense abattoir and packing plant to cost in the neighborhood of \$1,000,000.

Frank Jackson of Seattle, a passenger on the steamer Multnomah from Olympia to Tacoma, ripped eight or ten life preservers open on that vessel last week and found them filled with tulle reeds, and threw them overboard. He was arrested.

Governor Brooks of Wyoming has appointed District Judge C. H. Parmelee to the vacancy in the supreme court of that state, caused by the resignation of Judge Van Orsdel, who has been appointed assistant attorney general of the United States by President Roosevelt.

President J. E. Stubbs of the University of Nevada has placed the stamp of disapproval on hazing at the university. It was stated by him at a public meeting that hereafter all students found guilty of participating in hazing would be immediately dismissed from the college.

What is known as the Mahoney case on the Union Pacific, between Look-out and Hanna, is giving the contractors considerable difficulty. It is the largest undertaking of the kind which is being done in connection with the laying of double track, and preparations are being made to put two steam shovels to work.

A crazy man, intent upon almost any crime his diseased mind might think of, escaped from his attendant at the railroad station at Reno, Nev. one day last week and caused much uneasiness among the citizens until he was finally recaptured.

W. L. Park, general superintendent of the Union Pacific, says that within a short time the double-track operations in Wyoming will be in full swing and an army of from 3,000 to 4,000 graders will be employed between Cheyenne and Green River.

Fire of unknown origin partially destroyed Senator W. A. Clark's Butte reduction works last week. The plant will be rebuilt as soon as possible. In the meantime all ore from Clark properties will be treated at the Washoe smelter in Anaconda.

The state supreme court at Cheyenne has decided the Agricultural college case in favor of the University of Wyoming on every point, declaring the act of the legislature of 1905 abolishing the so-called Agricultural college at Lander constitutional.

With \$300,000 worth of gold bars on hand awaiting coinage, the new Denver mint began operations last week. About 100 persons are employed. The first work undertaken was the recoining of \$130,000 silver in dimes, quarters and half dollars.

Beatty, Nev., the place famed in the desert regions for having an ample supply of free water for all comers is the scene of a great strike, which is considered significant in that it shows the extension of the mineral belt to be much longer than was thought.

Governor Toole, of Montana, replying to a telegram from Iowa, asking if he favored the proposed convention of governors to hasten the enactment of an amendment to the Constitution providing for the election of senators by popular vote, replied in the affirmative.

A delegation representing the commercial bodies of Great Falls, Mont., have asked the president's interest in the Sun River irrigation project in northern Montana. The project involves an expenditure of about \$250,000 acres, and its completion about \$5,000,000.

## WINTER WEAKNESS

Dr. Williams' Pink Pills the Tonic That Most People Need for Blood and Nerves.

In winter the air of the close rooms in which we spend so much of the time does not furnish enough oxygen to the lungs to burn out the foul matter in the blood. In the cold season we do not exercise as much and the skin and kidneys do not throw off the waste matter as freely as usual. The system becomes overloaded with poisonous matter, and too feeble to throw it off. Relief can be had only through the use of a remedy that will promptly and thoroughly purify and strengthen the blood, and the one best adapted for this purpose is the great blood tonic known as Dr. Williams' Pink Pills.

"They acted like magic in my case," said Mrs. Clara L. Wilde, of No. 377 Farnsworth avenue, Detroit, Mich. "I began to take Dr. Williams' Pink Pills. My stomach and nerves were out of order. I can't describe how miserable I really was. I dragged through six months of feebleness, growing weaker all the time until I finally had to strengthen myself to leave my bed."

"Then a glad day came, the day when I began to take Dr. Williams' Pink Pills. They made me feel strong right away. My appetite came back, I took on flesh and the color returned to my cheeks. People wondered that these pills did for me what the doctors couldn't do. I took only six boxes and then I was perfectly well. If I had not found this wonderful remedy I surely think that I must have wasted to death. Believing firmly that these pills saved my life by the strength which they gave me at a critical moment, I unhesitatingly recommend them to others."

Dr. Williams' Pink Pills contain no stimulant but give strength that lasts. They may be obtained at any drug store.

Wise Words by Pope.

A man should never be ashamed to own that he has been in the wrong; which is but saying, in other words, that he is wiser to-day than he was yesterday.--Pope.

## BABY COVERED WITH SORES.

Would Scratch and Tear the Flesh Unless Hands Were Tied--"Would Have Died But for Cuticura."

"My little son, when about a year and a half old, began to have sores come out on his face. I had a physician treat him, but the sores grew worse. Then they began to come on his arms, then on other parts of his body, and then on his chest, worse than the others. Then I called another physician. Still he grew worse. At the end of about a year and a half of suffering he grew so bad I had to tie his hands in cloths at night to keep him from scratching the sores and tearing the flesh. He got to be a mere skeleton, and was hardly able to walk. My aunt advised me to try Cuticura Soap and Ointment. I sent to the drug store and got a cake of the Soap and a box of the Ointment, and at the end of about two months the sores were all well. He has never had any more of any kind since. He is now strong and healthy, and I can sincerely say that only for your most wonderful remedies my precious child would have died from those terrible sores. Mrs. Egbert Sheldon, R. F. D. No. 1, Woodville, Conn., April 22, 1905."

## The Population of Heaven.

Moncure D. Conway in his reminiscences relates a story that was told him by Helen Taylor, the stepdaughter of John Stuart Mill. While in Scotland she called on a poor woman who had lost her little son. The mother refused to be consoled, saying: "What troubles me is they be all men folk up there in heaven and won't know what to do for him."

It appears, therefore, that the New York preachers who have announced that there are no women angels can not be accepted as the discoverers of this great and interesting fact.

## Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it is

Bears the Signature of *Dr. J. C. Watson*  
In Use For Over 30 Years.  
The Kind You Have Always Bought.

## Danger in Goldfish Globe.

A house in Saybrook, Conn., was set on fire by the rays of sunlight focused on a curtain by a goldfish globe.

Many Children are Sickly.

Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, cure Feverishness, Headache, Stomach Troubles, Teething Disorders, Break up Colds and Destroy Worms. At all Druggists. 30c. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

## Foods Good for the Body.

Grapes and raisins are nourishing and fattening, and apples eaten daily insure clear, bright complexions.

TO CURE A COLD IN ONE DAY.

Take LAXATIVE BROMO QUININE TABLETS. Drug gets rid of mucus. If it fails to cure, E. W. GROVE'S signature is on each box. 25c.

## Not the Right Time to Discover It.

"This chimney," every woman says, when she lights the lamp, "needs cleaning."--Atchison Globe.

## USE THE FAMOUS

Red Cross Baby Blue. Large 3-oz. package 5 cents. The Russ Company, South Bend, Ind.

## What Was It?

An Atchison woman knows how it feels to kill two birds with one stone. She has made six people mad by one remark.--Atchison Globe.

## Ever Hear of "Scotty" and His Record-Breaking Ride?

The story, briefly told, is this: Walter Scott, the Death Valley gold miner, made the trip from Los Angeles to Chicago last summer on a special train over the "Santa Fe" in less than 46 hours. That whirlwind train cost him more than \$6,000. It was the fastest long distance run over mountains and plains ever made on any American railway. It demonstrated beyond dispute that the Santa Fe track equipment and employees are of the dependable kind. Probably you wouldn't care to ride so fast. You prefer the luxury of our three trains from Utah and Colorado to Everywhere East and Southwest.

Ask me for ticket rates and literature.

C. F. WARREN,  
G. A. & T. & S. F. Ry.  
411 Dooly Block, Salt Lake City, Utah.

## WOMAN FOILED OFFICERS IN SPIRIT OF REVENGE

Confessed That Gladney Was Implicated in Butte Robbery, and Now Says Confession Was a Fabrication.

Butte, Mont.--Unless the Utah officers, Detective Pender of Ogden and Police Officer James Taylor of Salt Lake, can secure more positive evidence against Florence Hall, alias Mrs. J. D. Gladney, and J. D. Gladney, arrested by them in Ogden recently as being connected with William Paisley in the Hennessy holdup, which occurred here on January 9, they will lose all claim on the \$5,000 recently offered by the Hennessy Mercantile company for the arrest and conviction of the robbers.

The Hall woman, who was supposed to have made a confession to the Utah officers, now declares that her alleged confession was a fabrication made up of whole cloth, and that neither she nor Gladney any connection whatever with the holdup and that it will be an easy matter to prove an alibi. She says she was driven to desperation by the officers who hounded her, seeking a confession of a crime of which she knew nothing, and that in a spirit of revenge she gave them a fictitious account of the robbery.

## TRANSPORT ON FIRE AT WHARF.

Three Lives Lost and Many Persons Injured--Boat Had Been Scheduled to Sail on Friday.

San Francisco.--Shortly before 12 o'clock Wednesday night fire was discovered in the hold of the United States transport Meade, which was to have sailed for Manila Friday with more than 1,000 soldiers and a cargo of 3,000 tons of army supplies. The vessel is lying at the Folsom street dock, and despite the efforts of the city fire department, which came promptly to the aid of the officers and crew, the fire was not entirely extinguished until 4 o'clock Thursday morning. While the damage to the vessel was not vital, three lives were lost and many persons injured.

The dead: Captain Charles Dakin of San Francisco fire engine company No. 4, fell unconscious into the water of the hold and was drowned. Leaves a wife and son.

Hoseman Thomas Hennessey of engine company No. 4, suffocated to death while fighting the fire in the hold. Leaves a wife and three children.

Third Officer George Wallace of the transport Meade, suffocated while climbing a ladder from the hold, and fell back unconscious, dying a short time later. Was 25 years of age and a native of Sydney, N. S. W.

## GUAM VISITED BY TYPHOON.

Thirty-One Inches of Rain Fell Within Twenty-Four Hours.

San Francisco.--Advices have just been received here from Agaña, Guam, that one of the severest typhoons in the history of the island visited Guam on November 7, lasting through November 8 and the unprecedented amount of thirty-one inches of rain fell within twenty-four hours.

For three or four days following the typhoon a tremendous swell set in from the westward, breaking over the barrier reefs, inundating the shores and causing destruction equal, if not greater, than that of the typhoon. The beacons, buoys and day marks of all descriptions in the harbor of Apru were washed away or demolished. Lighters and boats were stranded and washed ashore.

## Murdered by Roommate.

Norfolk, Va.--The body of Walter P. Dolsen, aged 26 years, discharged from the United States marine corps here recently, after an honorable service of five years, was on Thursday found packed into a trunk which had been purchased by his alleged murderer, and into which it was intended to place Dolsen's clothing and ship the whole from Norfolk before the murder could be discovered. Charles F. Taylor, aged 23, a roommate, is accused of the crime.

## Roof Caved in.

Otisville, N. Y.--Several workmen were buried under masses of earth in a cave-in which occurred in the Erie railroad tunnel, which is now being constructed near here. Three dead have been taken from the cave-in, and two injured. A great number of men, mostly negroes and Italians, are employed in digging a tunnel a mile in length through a hill. The killed and injured were removing the debris after a blast, when a portion of the roof of the tunnel fell upon them.

## Metcalf Orders Investigation.

Washington.--Secretary Metcalf of the department of commerce and labor late Thursday afternoon ordered a thorough and searching investigation of the Valencia wreck off Vancouver, and the conduct of officers and crew of that steamship, as well as the officers of the steamers Topeka and Queen, which went to the assistance of the disabled vessel.

The secretary's action is based on information received by him that this investigation should be ordered at once.

## Treasury's Condition.

Washington.--The monthly statement of the government receipts and expenditures issued Thursday shows a condition of the treasury which is eminently satisfactory to the authorities. One year ago today there was a deficit of over \$25,500,000, which has now been reduced to less than \$3,400,000, with the prospect that this amount will be entirely wiped out within the next thirty days. This improved condition is due almost entirely to large increases in customs and internal revenue receipts.

## HE ATTENDS TO BUSINESS

who goes straight to work to cure

## Hurts, Sprains, Bruises

by the use of

# St. Jacobs Oil

and saves time, money and gets out of misery quickly.  
It Acts Like Magic. Price, 25c. and 50c.

## ARRIVED AT A GREAT TRUTH.

Conclusion of Absent-Minded Man That Was Very Natural.

Daniel Drew was an exceedingly absent-minded man, as Depew in his charming anecdotes has had occasion to remind us. Here is a story, however, that Depew never got hold of.

Drew made a point of buying all his own clothing, against repeated protests from his wife, who was frequently at her wits' ends to know how to manage his somewhat ill-assorted wardrobe.

"Daniel," she said one day, "you must get some underdrawers." (She spoke of course in the seclusion of their own apartments.)

"Yes, my dear," was the reply; and that night Daniel came home with a bundle containing underdrawers. Underdraws he had in great abundance, but the article his wife had suggested he buried the specimens on hand were almost past wearing. The good lady's patience was exhausted. When next she prepared clean clothes for him she laid out two underdraws and no underdrawers. When he had dressed and gone out she found evidences of his having donned both garments.

Among that day's items in his notebook the following was subsequently discovered:

"The underwear of today is not what it used to be. Underdrawers are made much too small in the legs--so much so, in fact, that one has to slip them up to make them go on. They fit loosely about the waist and are not an aid to a man's sitting down. In fact they seem not at all suited to the needs of the human frame."--Lippincott's Magazine.

## Prairie Dogs Killed by Soap.

John F. Braun, a farmer near Milltown, Kan., had about 100 prairie dogs on his farm and started in to wipe them out. He used traps. After he had caught about thirty the rest got wise and would walk around his traps. Among the thirty was one that the trap didn't injure and he put it in a cage for a pet. By mistake his children fed the prairie dog in the cage a small piece of common soap one day. Within five minutes the prairie dog was dead. Mr. Braun decided to experiment. He cut a bar of soap into small pieces about the size of a hazel nut and threw a few pieces into each hole in "dog town." The next day there wasn't a solitary prairie dog left to tell the story. All were dead. Ten cents worth of soap will clear a big farm of prairie dogs.--Kansas City Journal.

## Both of One Mind.

"Please be very careful," said the nervous lady at the hair dresser's to the attendant, who was twirling a smoking hot curling iron in her fingers preparatory to plunging it into the victim's hanging locks: "I hate to have my hair scorched."

"Oh, yes, indeed, I'm always careful," chirped the highly perfumed and pompadoured girl who was preening over the tongs. "There's nothing worse to me than the smell of burning hair."

# 31 Boxes of Gold

## 300 Boxes of Greenbacks

For the most words made up from these letters

# Y - I - O - Grape-Nuts

331 people will earn these prizes

Around the fireside or about the well-lighted family reading table during the winter evenings the children and grown-ups can play with their wits and see how many words can be made.

20 people making the greatest number of words will each receive a little box containing a \$10.00 gold piece.

10 people will each win one box containing a \$5.00 gold piece.

300 people will each win a box containing \$1.00 in paper money and one person who makes the highest number of words over all contestants will receive a box containing \$100.00 in gold.

It is really a most fascinating bit of fun to take up the list evening after evening and see how many words can be added.

A few rules are necessary for absolute fair play.

Any word authorized by Webster's dictionary will be counted, but no name of person. Both the singular and plural can be used, as for instance "grape" and "grapes."

The letters in "Y-I-O-Grape-Nuts" may be repeated in the same word.

Geographical names authorized by Webster will be counted.

Arrange the words in alphabetical classes, all those beginning with A together and those beginning with E to come under E, etc.

When you are writing down the words leave some spaces, in the A, E, and other columns, to fill in later as new words come to you, for they will spring into mind every evening.

It is almost certain that some contestants will tie with others. In such cases a prize identical in value and character with that offered in that class shall be awarded to each. Each one will be requested to send with the list of words a plainly written letter describing the advantages of Grape-Nuts, but the contestant is not required to purchase a pkg. These letters are not to contain poetry, or fancy flourishes, but simple, truthful statements of fact. For illustration: A person may have experienced some incipient or chronic ailment traceable to unwise selection of food that failed to give the body and brain the energy, health and power desired. Seeking better conditions a change in food is made and Grape-Nuts and cream used in place of the former diet. Suppose one quits the meat, fried potatoes, starchy, sticky masses of half-cooked oats or wheat and cuts out the coffee. Try, say, for breakfast a bit of fruit, a dish of Grape-Nuts and cream, two soft-boiled eggs, a slice of hard toast and a cup of Postum Food Coffee. Some amateur says: "A man would faint away on that," but, my dear friend, we put dollars to your pen-

nies that the noon hour will find a man on our breakfast huskier and with a stronger heart-beat and clearer working brain than he ever had on the old diet.

Suppose, if you have never really made a move for absolutely clean health that pushes you along each day with a spring in your step and a reward in your muscles and brain that makes the doing of things a pleasure, you join the army of "plain old common sense" and start in now. Then after you have been 2 or 3 weeks on the Grape-Nuts training you write a statement of how you used to be and how you are now. The simple facts will interest other and surprise yourself. We never publish names except on permission, but we often tell the facts in the newspapers, and when requested give the names by private letter.

There is plenty of time to get personal experience with Grape-Nuts and write a sensible, truthful letter to be sent in with the list of words, as the contest does not close until April 30th, 1906. So start in as soon as you like to building words, and start in using Grape-Nuts. Cut this statement out and keep the letters Y-I-O-Grape-Nuts before you and when you write your letter you will have some reason to write on the subject, "Why I Owe Grape-Nuts."

Remember 331 persons will win prizes, which will be awarded in an exact and just manner as soon as the list can be counted after April 30th, 1906. Every contestant will be sent a printed list of names and addresses of winners on application, in order to have proof that the prizes are sent as agreed. The company is well known all over the world for absolute fidelity to its agreements and every single one of the 331 winners may depend on receiving the prize won.

Many persons might feel it useless to contest, but when one remembers the great number of prizes--(331)--the curiosity of seeing how many words can really be made up evening after evening and the good, natural fun and education in the competition, it seems worth the trial; there is no cost, nothing to lose and a fine opportunity to win one of the many boxes of gold or greenbacks.

We make the prediction that some who win a prize of gold or greenbacks will also win back health and strength worth more to them than a wagon full of money prizes.

There are no preliminaries, cut out this statement and go to it, and send in the list and letter before April 30th, 1906, to Postum Cereal Co., Ltd., Battle Creek, Mich., and let your name and address be plainly written.